

## Preventing Injury

Following basic safety rules can prevent many serious injuries. Here are two checklists to follow to help keep you and your family safe.

### **To help protect yourself at home:**

- Use smoke detectors. Remember to check the batteries every month. Change the batteries every year. You may want to use a reminder. For example, change the batteries around your birthday or some holiday.
- Lock up guns and ammunition, and store them separately.
- Keep hallways and stairwells well lit.
- Remove or repair things that someone could trip on, such as loose rugs, electrical cords, and toys.

### **To help protect yourself away from home:**

- Wear seat belts.
- Never drive after drinking alcohol.
- Always wear a safety helmet while riding a motorcycle or bicycle.
- Be alert for hazards in your workplace. Follow workplace safety rules.

Reference Source: “The Pocket Guide to Good Health for Adults.” U.S. Department of Health and Human Services; Agency for Healthcare Research and Quality: May 2003.